

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

Wounded Warrior Project Makes Strides in Music City at Carry Forward 5K

NASHVILLE, Tenn., Sept. 30, 2019 /[PRNewswire](#)/ -- On the banks of the Cumberland River, the Nashville skyline provided the perfect backdrop for a snapshot of support for wounded veterans as more than 1,300 people participated in the [Wounded Warrior Project® \(WWP\) Carry Forward® 5K](#), delivered by CSX®.

"It was exciting, gratifying, humbling, and inspiring to see so many people come out and be so enthusiastic about supporting our nation's veterans," said Gary Corless, WWP warrior support.

For the second straight year, CSX® supported the event as the presenting sponsor.

"CSX is proud to support Wounded Warrior Project and this powerful Carry Forward event," said Jane Covington, CSX Senior Director, State Relations. "We had a phenomenal turn out for this year's 5K, which demonstrates that our Nashville neighbors share CSX's commitment to support military veterans. We also want to extend our appreciation to all the volunteers, including CSX employees and their families, who helped make the event so successful for the brave men and women we were there to honor."

Participants strode in the shadows of Nissan Stadium then double-backed on South 1st and Davidson streets. Before finishing, they traversed the steep John Seigenthaler Pedestrian Bridge. Volunteer and participant Becky Ross, whose two sons served in the Marines, was waiting at the top of the bridge with a sign that read "God Bless the USA."

"There were so many wounded warriors participating, and to see them continue to struggle physically, mentally, and emotionally with people around them going 'We've got this' - the camaraderie out on the course was fabulous," Becky said.

Carry Forward continues in [San Antonio](#) on Oct. 5. This is the first year the event will be held in Military City, USA, and more than 1,400 participants have signed up.

If you can't make it to that event or the [Jacksonville, Florida](#), Carry Forward 5K on Nov. 9, you can participate in a virtual Carry Forward by hosting your own 5K to honor and empower wounded veterans and their families.

Learn more about Carry Forward and [create a virtual event](#), or discover other ways to [give back](#) to injured veterans.

About Wounded Warrior Project

Since 2003, Wounded Warrior Project® (WWP) has been meeting the growing needs of warriors, their families, and caregivers - helping them achieve their highest ambition. [Learn more](#).

SOURCE Wounded Warrior Project

For further information: Chris Obarski - Public Relations, cobarski@woundedwarriorproject.org, 904.570.0823

Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2019-09-30-Wounded-Warrior-Project-Makes-Strides-in-Music-City-at-Carry-Forward-5K>